



Lactobacillus

Lactobacillus produce lactic acids and occurs in two active forms, D (-) Lactic acid and L (+) Lactic acid. The L (+) Lactic acid is completely metabolized by the body but D (-) Lactic acid used very slowly by the body and excess D (-) Lactic acid can introduce metabolic disturbances.

In 1979 the New England Medical Journal reported that tests revealed that Lactobacillus Acidophilus is a producer of D (-) Lactic acid and that Lactobacillus Sporogenes produces L (+) Lactic acid. Further, The World Health Organization has recommended restricted intake of products containing high concentrations of D (-) Lactic acid to prevent acidosis. In the Infant Nutritional Program, such products should be avoided because of the inability of babies to transform D (-) lactic acid. Lactobacillus Sporogenes produces L (+) Lactic acid is an ideal choice and in this situation it fulfills the W.H.O. recommendation for Infant Nutrition Programs.

from "Probiotic Lactic Acid Bacteria" Townsend Letter for Doctors and Patients #147,
p.89-91 B. Gandhi PhD

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